

MIND GAMES: God's Truth for a Healthier Mind
The Healthier Mind Makes Wrong Thinking Right, 2 Corinthians 10:3-6
Sunday, October 4, 2026

We've been learning about how God's truth produces a healthier mind- thinking that brings life/peace rather than ruin/destruction, to use Paul's description from Romans 8:6.

Week 1- Healthier minds are being renewed by God the Holy Spirit to think/respond like Jesus.

Week 2- Healthier minds let Jesus set the priorities for life.

As we get started let me ask you some questions about common mental/emotional challenges.

1. Do you see your thinking/perspective on life/the things you tell yourself about yourself/life as a spiritual issue, physical issue or a combination? This will determine how you approach things and the success you have.
2. Do you think your perspective on life/expectations for life impact how you think/feel about your life?
 - ☐ Perspective/expectation- I shouldn't have more stress than normal.
 - ☐ Perspective/expectation- I'm not happy with my life/discontented.
 - ☐ Perspective/expectation- I feel lonely/disconnected from people.

These are some of the questions that popped into my head. You probably have others, but we have to be willing to honestly answer these kinds of questions if we're going to have healthier minds. We have to admit some, maybe a lot, of what we're thinking/telling ourselves is self-focused not God-focused and it impacts how we view ourselves/lives/circumstances/relationships, especially our relationship with/trust in God.

So, how do we change our thinking/perspective from self-focused to God-focused? According to God in 2 Corinthians 10:3-6 we work with Him by allowing Him to empower us to use His weapons to force our thoughts to obey Jesus. Turn to 2 Corinthians 10:3, pg. 1161 and let me set this up for you.

1. Paul's writing to Christians in Corinth who he describes as "carnal"- thinking/responding to life/each other motivated by their sin nature- their old self, Eph 4; not how God has saved them/given them power to think/respond.
2. This self-focused/"me first" thinking caused responses that brought division/hurt relationships to the church family/the body of Christ which hindered their individual spiritual growth/health and the church's spiritual growth/health.
3. Paul says that convicting/correcting how these people think/respond is a spiritual battle, needing spiritual weapons to bring change to how they think/respond.

What is true in the church/"body of Christ" is also true in our bodies, our hearts/minds. Wrong thinking causes division/hurt within our minds which negatively impact our perspective/responses. The thoughts that fuel our feelings are spiritual therefore only spiritual weapons can bring change. This means we actively participate with God in evaluating our thinking/perspective based His Word/Bible and apply His truth to the thinking/perspective that is wrong. Let's see what God has for us- 2 Corinthians 10:3-6. God wants us to know this is serious! He calls it a "moment by moment, day in, day out, with every wrong thought" spiritual war in our minds and we need Him to empower us to use His weapons to experience victory, i.e. healthier minds.

I. OUR BATTLE IS SPIRITUAL

A. Chemicals/Naturals- medicines, caffeine, sugar, alcohol, drugs, herbs, vitamins, exercise can change how we feel- hyped up, calm, dull, foggy brained, etc.

B. Only God Changes Our Thinking/Perspective on Life

II. OUR WEAPONS ARE SPIRITUAL

A. Divinely Empowered by God the Holy Spirit

1. Designed to destroy fortresses = the thinking/perspective of our entrenched sin nature
2. How WE think/OUR perspective/how WE think WE/others should respond is our default- it's rooted in our sin nature, it's SELF-focused, meaning it's not just "not the best idea", it's sin.
3. When we recognize that then in that moment we take a step of faith, employ the weapons, and God the Holy Spirit goes to work in/through us. Romans 8:11

B. The Bible- Know God's Word/Bible

1. Reading it tells us what God want us to think/do.
2. Reading it helps us know God, so we trust God.
3. God the Holy Spirit teaches us from the Bible- it's a partnership, He doesn't teach us outside what He's already given us in the Bible.

C. Truth- Apply God's Truth about Life/Circumstances

1. Gird- prepare to work, train, i.e. train to know/use truth about God/self/perspective/circumstances.
2. Our entrenched sin nature lies to us, 1 Corinthians 3:18

3. We are to train ourselves to think/live God's truth.
 - a. Being discontented is a self-focused lie- I'm discontent when I don't have what I want but God's given me everything I need.
 - b. Fear is a lie because God's promised to protect/provide and use whatever comes my way to grow me.
 - c. Hopelessness is a lie because it looks at self not the infinitely powerful God who's working His plan in/through me.

D. Godly Choices- Live As God Commands

1. Disobedient thinking/responses fill the heart/emotions with guilt, uncertainty, which if not stopped leads to further wrong thinking/responses which piles up the feelings of guilt/uncertainty.
2. Guilt is God-given discipline to get us back on track with Him to experience life and peace, Psalm 32:1-7
3. If we know what God's says is right but choose to think/do what's wrong that will bring guilt.
 - a. If not confessed, that guilt can/does cause a sense of depression which can lead to anxiety. Why?
 - b. Because we're in a spiritual battle with God over who is going to have authority in our life.

E. Live Out the Gospel- Live in/Show Others Peace with God

1. Personal- Am I thinking/living like someone who is at peace/in relationship with God? Am I experiencing His presence in my life through my obedience in thought/responses to life?
2. Public- Do I show others a God who handles my fears, struggles by being at peace in the face of those fears/struggles knowing God's got it?

F. Faith- Show that God's Way Is Better Than Our Way

1. Sin- entrusting ourselves to our thinking or someone else's thinking.
2. Faith- entrusting ourselves to God/His promises/what is true about our life/circumstances.
3. When we recognize we're putting faith in our thinking, we choose to believe truth/entrust ourselves to God.

G. Salvation- Remember We're Freed from the Power of Sin

1. Take the helmet- continually make the choice to accept it, receive it, choose to live in that truth.
2. Jesus removed sin's power, how we think/respond so we can think/respond His way.
3. Romans 6- we are free, but we must make a choice of the will to not think our way and think God's way.

H. Prayer- Prayer Under the Power/Purpose of God the Holy Spirit

1. Not continually telling Him our perspective.
 - a. Our tendency is to rehash what we think, what we fear, why we think this/that is wrong.
 - b. We need to use our weapons of returning to God's truth, promises, purposes for our circumstances.
2. Help to remember God's promises/purpose- ask the Holy Spirit to bring them to our minds
3. Help in empowering us to think/respond His way- this is a partnership, we turn to Him, He empowers us..

TAKEAWAYS

III. OUR FIGHT IS CONTINUAL- with every wrong way of thinking/evaluating self/life we use the weapons God's given us under the power of God the Holy Spirit and...

A. Commit to Tear Down Every Wrong Reasoning.

1. If our thinking contradicts God's get rid of it!
2. If how we process life contradicts how God says to do it, get rid of it!
3. If our self-talk contradicts God, get rid of it!

B. Continually Tear Down Any Arrogance

1. Don't think your thinking/reasoning is better than God's, it's not!
2. Be humble, be obedient, experience Him at work which is how you come to truly know/trust Him.

C. Continually Force Our Thoughts to Obey Jesus

1. Bible = sword of the Lord, only offensive weapon.
2. Find verses that tear down the lies we believe.
3. Gain victory in one area, move on to the next.

D. Team Up with Other Believers

1. We're not meant to battle alone- we're a body of believers.
2. God's given us each other to fight for each other.

NEXT WEEK- How to experience God as your peace in the midst of anxiety- READ Philippians 4:3-13